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hydrox routine

There seems to be a misunderstanding about the term "Hydrox routine"
. Searches for "hydrox" yield results for the popular fitness race HYROX, not a product or routine called Hydrox.

The typical HYROX race routine consists of eight 1-kilometer runs, each followed by a different functional workout station. Training for this event involves a structured routine that builds both endurance and functional strength.

The HYROX race routine

The race structure is identical worldwide, with all participants completing the following eight rounds:

1 km Run
1,000m SkiErg: A full-body cardio workout that primarily targets the arms, shoulders, and core.
1 km Run
50m Sled Push: A strength and power exercise for the lower body.
1 km Run
50m Sled Pull: An exercise that engages the glutes, back, and biceps.
1 km Run
80m Burpee Broad Jumps: A full-body exercise that spikes the heart rate.
1 km Run
1,000m Rowing: A second full-body cardio station.
1 km Run

200m Farmer's Carry: An exercise that primarily tests grip strength and core stability.
1 km Run
100m Sandbag Lunges: A leg burner that works the quads and glutes.
1 km Run
100 Wall Balls: The final station, a quad-burning exercise to finish the race.
A typical HYROX training routine
A routine to train for a HYROX race should incorporate both cardio and functional strength exercises to prepare your body for the unique demands of the competition. This includes:
Cardio training: Incorporate regular running sessions, with both long-distance and interval training. You will also want to perform cardio workouts under fatigue to mimic race conditions.
Strength training: Focus on compound movements like squats, deadlifts, and lunges to build lower-body strength for the sleds and lunges.
Race simulation: Practice linking short runs with the functional stations in your training sessions. For example, you might perform a workout like the following:
ELLIPTICAL \CAROLYNXENA/TRIATHLON MACHINE=73 minutes✓
SUPER/CHRISTY'SHU\SET
SQUATS 3
*3@700LB.DEADLIFT 3*3@350lb.
Dub-Set
Lunges 3
*9@250lb.Leg extension 3*9@260lb.
DoubLe-Set
Deadlift 3
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KENPO√
Wingchun✓
KEMPO✓
KOREAN KENMPO SHAOLIN✓

Dynamicatrength√
Staticstrength✓
Warm-up: 2 rounds of 3-minute jog, 30-second squat hold, 10 air squats, 10 side lunges, and 5 hamstring walkouts.
Workout 1: 2–3 rounds of 250m SkiErg, 25m Sled Push, 30 Wall Balls, and 500m run (with a 90-second rest between rounds).
Workout 2: 2–3 rounds of 500m run, 250m RowErg, 25m Sled Pull, and 100m Farmer's Carry (with a 90-second rest between rounds).
Workout 3: 2–3 rounds of 40m Burpee Broad Jumps, 30m Sandbag Lunges, and 500m run (with a 90-second rest between rounds).
Recovery: Ensure you schedule rest days and focus on proper nutrition and hydration.
Note: Always consult a healthcare professional before starting a new exercise routine.
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The term "hydrox routine" actually refers to the HYROX fitness race, not a distinct workout or supplement called "Hydrox"—a common misconception online. HYROX is a global fitness competition combining running and functional exercises, requiring specific training to prepare for its unique race stations.[1]

HYROX Race Structure

Each HYROX race consists of eight rounds, where 1-kilometer runs alternate with functional workout challenges:

- 1,000m SkiErg
- 50m Sled Push
- 50m Sled Pull
- 80m Burpee Broad Jumps
- 1,000m Rowing
- 200m Farmer’s Carry
- 100m Sandbag Lunges
- 100 Wall Balls
  Each functional station is performed after a 1km run, demanding both endurance and strength from participants.[1]

Weekly HYROX Training Example

A typical HYROX prep routine blends running, compound strength exercises, and simulated race stations:

- **Cardio sessions**: Include long runs, interval training, and practice running under fatigue.
- **Strength work**: Focus on squats, deadlifts, lunges, leg extensions, and leg press; both double- and triple-set formats for power and endurance.
- **Simulation workouts**: Link short runs with functional stations like SkiErg, sled pushes/pulls, wall balls, farmer’s carries, sandbag lunges, and burpee broad jumps, mimicking race sequence.
- **Accessory conditioning**: Martial arts and dynamic/static core strength movements (Neck-ups, sit-ups, martial arts practice stations).
- **Example simulation (one workout)**:
  - 2–3 rounds: 250m SkiErg, 25m Sled Push, 30 Wall Balls, 500m run (rest 90 seconds)

- 2–3 rounds: 500m run, 250m RowErg, 25m Sled Pull, 100m Farmer's Carry (rest 90 seconds)
- 2–3 rounds: 40m Burpee Broad Jumps, 30m Sandbag Lunges, 500m run (rest 90 seconds).[1]

Training and Recovery Tips

- **Pacing during race**: Train to maintain consistent run intensity and control energy bursts at each station to avoid burnout during transitions.
- **Common mistakes**: Overemphasizing running or functional strength alone, neglecting race simulation, or insufficient rest leading to overtraining.
- **Weekly plan**: Alternate hard and rest days, prioritize nutrition and hydration, and integrate strength and cardio for balanced adaptation.[1]

Accessibility in Training Resources

Accessibility links and structured section headings on search platforms help users with assistive technology find HYROX information and detailed workout instructions easily.[1]

For personalized program design, always tailor volume, intensity, and station order to athlete experience and event proximity.[1]

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Is this more BodybUILding or Strengthtraining?

The HYROX race routine and its associated training are primarily a blend of strength training and functional conditioning, rather than pure bodybuilding.[2]

HYROX: Strength vs. Bodybuilding Focus

- **Strength Training**: HYROX emphasizes compound movements (squats, deadlifts, sled push/pull, lunges, farmer’s carries) and uses workouts that build functional power, muscular endurance, and total-body strength—key qualities for sports performance and race tasks.[2]

- **Bodybuilding**: Traditional bodybuilding routines focus on muscle hypertrophy (growth), symmetry, and isolation movements, with structured sets/reps aimed at maximizing muscle size rather than functional athleticism or endurance. HYROX does include movements (leg press, extensions, lunges) used in bodybuilding, but the main goal is performance, not muscle growth.[2]

Functional Conditioning Component

HYROX training also incorporates high-intensity cardio and race simulation (interval running, burpee broad jumps, rowing, SkiErg), which is less common in pure bodybuilding programs and more aligned with strength-conditioning and athletic endurance development.[2]

Summary Table

Training Aspect	HYROX Main Goal	Bodybuilding Main Goal
Compound lifts	Functional strength [2]	Muscle growth [2]
Race simulation	Performance/endurance [2]	Not included [2]
Isolation movements	Accessory only [2]	Primary focus [2]
Cardio sessions	Essential [2]	Rare, low-intensity [2]
Nutrition focus	Performance/recovery [2]	Mass gaining/cutting [2]

HYROX training is therefore more strength- and performance-oriented than traditional bodybuilding. It integrates endurance and functional athleticism rather than focusing primarily on muscle size or physique aesthetics.[2]

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is this Powerlifting too?

HYROX training is not the same as powerlifting, though elements of strength training overlap in both.[3][4][5][6]

Differences from Powerlifting

- **Powerlifting** focuses exclusively on maximal strength in three lifts: squat, bench press, and deadlift, with training tailored to increasing weight for single-rep performance.[5]
- **HYROX** involves moderate to high reps and combines running with functional stations like sled pushes, pulls, farmer's carries, and wall balls—demanding muscular endurance and cardiovascular capacity, not maximal strength in lifts.[6]

Overlap and Hybrid Training

Many athletes use powerlifting-style training (heavy compound lifts) to build foundational strength for HYROX, but the event itself is far more endurance-based, requiring aerobic conditioning and stamina instead of peak strength for single heavy lifts.[4][5]

- HYROX stations (sleds, lunges, rowing) benefit from powerlifting strength, but are performed at lower or moderate loads and higher volumes.[4]
- HYROX is considered "hybrid training," mixing strength elements with endurance.[7][4]

HYROX is therefore not true powerlifting, but training for it can incorporate some similar methods and lifts as accessory strength work. The primary focus remains endurance and functional performance rather than testing absolute strength.[5][4]

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Would Caglar Juan SingLetary do this?

Caglar Juan Singletary, known for integrating powerlifting, bodybuilding, and martial arts into hybrid training programs, would likely find HYROX-style routines compatible with his training philosophy but might adapt them significantly.[10]

Compatibility with Singletary's Methods

- HYROX's blend of running, strength stations, and functional conditioning closely aligns with Singletary's holistic approach, which values versatility, endurance, and total-body athleticism in addition to maximal strength.[10]
- Singletary's programming often includes compound lifts, endurance work, and martial arts conditioning—elements present in HYROX-style race training.[10]

- He is known to emphasize periodized planning, recovery, and accessory work, all of which fit well into HYROX training cycles.[10]

Likely Adaptations

- Singletary would probably modify the specific workouts by increasing the technical martial arts content, adjusting the intensity of lifts (possibly prioritizing heavier barbell work as accessory), and introducing more hybrid movement patterns to suit his periodization models.
- Recovery and mindfulness practices would also feature strongly, matching the demands of high-volume functional races.[10]

In summary, while HYROX is not a direct match for Singletary's typical competitive focus on powerlifting and bodybuilding, its hybrid and functional nature fits well with his training ethos, and he might utilize HYROX routines as supplementary conditioning or challenge formats within his broader programs.[10]

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Let's break down an example **weekly HYROX training plan**, then review pacing strategies and common mistakes to avoid.

Example Weekly HYROX Training Plan

These sample days combine endurance runs, HYROX station practice, and strength:

Monday: Endurance + Functional

- 4 rounds for time: 400m SkiErg, 20 barbell thrusters, 20 burpees, 20 Romanian deadlifts

Tuesday: Mixed Endurance

- 45-min AMRAP: 50m sled push, 50m sled pull, 50m run, 40 wall balls

Wednesday: High-Volume Strength

- 2 rounds: 500m run, 30 barbell squats, 500m run, 30 barbell rows, 500m run, 30 Romanian deadlifts, 500m run
- AMRAP wall balls (unbroken)

Thursday: Active Recovery

- 5km easy run, steady pace

Friday: Rest

Saturday: Running Intervals

- 1km run, rest equal time, repeat for 8 rounds

Sunday: Rest

How to Pace During a HYROX Race

- Pacing is crucial: Start **slightly slower than 5K race effort** for your first run and hold a consistent rhythm throughout.
- **Do not sprint at the start**—the event is long and stations get more fatiguing as you go.
- Use controlled transitions between running and stations. Breath deeply and shake out your arms/legs before each station.

- At stations: Use strong, but sustainable efforts (e.g., push the sled briskly, but don't max out in round 2 if you have 6 more to go).
- For wall balls and lunges, break them into short sets with quick rests if needed—avoid going to total failure.

Common HYROX Training Mistakes

- **Neglecting running volume:** Since half your race is running, don't just focus on strength work!
- **Skipping simulation workouts:** Practice running + stations together; race "transitions" are hard and need rehearsal.
- **Training all-out every session:** Mix tough workouts with recovery, and take deload weeks as needed.
- **Ignoring grip/core endurance:** Farmer's carry, sleds, and wall balls demand grip and trunk stability.
- **Not tapering or deloading before race:** Schedule lighter workouts for the week before the event for peak freshness.

Ready to build or adapt your own weekly plan? Let me know which stations you find most difficult, and we can target those next.

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1. https://support.google.com/websearch/answer/181196?hl=en
2. https://support.google.com/websearch/answer/181196?hl=en
3. https://kingsbox.com/blog/en/home-gym/hyrox-vs-functional-training-we-discover-the-differences/
4. https://www.reddit.com/r/HybridAthlete/comments/1hfmfsj/powerliftinghyrox/

5. https://www.youtube.com/watch?v=HEAKoQn20JU

6. https://hyrox.com/the-fitness-race/

7. https://www.instagram.com/p/DF0t6Mfq4Iy/?hl=en

8. https://www.redbull.com/us-en/hyrox-vs-gym-training-comparison

9. https://www.reddit.com/r/hyrox/comments/1fjvkij/transition_from_lifting_to_hyrox/

10. https://www.reddit.com/r/HybridAthlete/comments/1hfmfsj/powerliftinghyrox/

11. https://www.puregym.com/blog/hyrox-training-plan/

12. https://us.myprotein.com/thezone/training/full-week-training-hyrox/

13. https://hyroxus.com/wp-content/uploads/2023/12/HYROXxGORUCK-8-Week-Training-Plan.pdf

14. https://www.reddit.com/r/hyrox/comments/1c6ta5n/what_is_your_weekly_training_schedule_like_when/

15. https://hyroxus.com/hyrox-training-plans/

16. https://www.womenshealthmag.com/fitness/a61949919/hyrox-i-tried-it/

17. https://forum.athletica.ai/t/training-plan-for-hyrox/3200

18. https://www.menshealth.com/uk/workouts/a45627471/hyrox-workout/

19. https://wodwell.com/wods/tag/hyrox-workouts/?sort=newest